

Hubungan antara internalized homophobia dan gejala depresi yang dimediasi oleh sense of belonging pada individu homoseksual di Indonesia = The relationship between internalized homophobia and depressive symptoms mediated by sense of belonging among homosexual individuals in Indonesia

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Abstrak

Individu homoseksual kerap menerima sikap negatif dari masyarakat. Sikap negatif tersebut dapat diinternalisasi oleh individu dan menjadi sebuah stres minoritas bernama internalized homophobia. Penelitian sebelumnya menemukan bahwa internalized homophobia berhubungan dengan gejala depresi melalui sense of belonging. Penelitian kali ini bertujuan untuk mengetahui hubungan antara internalized homophobia dan gejala depresi, hubungan antara sense of belonging dan gejala depresi, serta efek mediasi sense of belonging terhadap hubungan antara internalized homophobia dan gejala depresi pada individu homoseksual di Indonesia. Partisipan terdiri dari 295 gay dan lesbian berusia 18-37 tahun yang berwarga negara Indonesia.

Hasil penelitian menunjukkan bahwa internalized homophobia berhubungan positif dan signifikan dengan gejala depresi ($r = 0,211$, $p < 0,05$) dan sense of belonging berhubungan negatif dan signifikan dengan gejala depresi ($r = -0,563$, $p < 0,05$). Analisis regresi berganda menggunakan PROCESS for SPSS model 4 menunjukkan sense of belonging memediasi hubungan antara internalized homophobia dan gejala depresi secara parsial. Melalui hasil dari penelitian ini, individu homoseksual dapat mengenali internalized homophobia sebagai sebuah faktor risiko dari gejala depresi dan mengetahui pentingnya sense of belonging dalam mengurangi gejala-gejala tersebut.

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Homosexual individuals often receive negative attitudes from society. These negative attitudes can be internalized by individuals and become a minority stress called internalized homophobia. Previous research has found that internalized homophobia is associated with depressive symptoms through sense of belonging. This study aims to determine the relationship between internalized homophobia and depressive symptoms, the relationship between sense of belonging and depressive symptoms, and the mediating effect of sense of belonging on the relationship between internalized homophobia and depressive symptoms among homosexual individuals in Indonesia. Participants consisted of 295 gays and lesbians aged 18-37 years who are Indonesian citizens.

Results showed that internalized homophobia was positively and significantly associated with depressive symptoms ($r = 0,211$, $p < 0,05$) and sense of belonging was negatively and significantly associated with depressive symptoms ($r = -0,563$, $p < 0,05$). Multiple regression analysis using PROCESS for SPSS model 4 shows that sense of belonging partially mediates the relationship between internalized homophobia and depressive symptoms. Through the results of this research, homosexual individuals can identify internalized homophobia as a risk factor of depressive symptoms and learn the importance of sense of belonging in reducing those symptoms.